

## What Is Traumatic Brain Injury (TBI)?

TBI is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. It can result in an altered state of consciousness, as well as physical, sensory, cognitive or behavioral problems. There are more cases of brain injury than HIV, breast cancer and spinal cord injuries combined. TBI can happen to anyone, anytime, anywhere. It does not discriminate.

The severity of TBI may range from “mild,” a brief change in mental status or consciousness, to “severe,” an extended period of unconsciousness or amnesia after the injury. A TBI can result in short- or long-term problems. There are three categories

of TBI that are thought to predict outcomes for the individual. However, new research has shown that even mild and moderate injuries to the brain can result in serious, long-term consequences.

### Mild

- Loss of consciousness (from seconds up to 30 minutes)
- Post-traumatic amnesia (less than 24 hours)

### Moderate

- Loss of consciousness (minutes to a few hours), followed by days or weeks of post-traumatic amnesia

### Severe

- Comatose state for days, weeks or longer

## Causes of TBI

Over 210,000 people are living with the long-term effects of TBI in the state of Florida. The leading causes of injury include: falls, motor vehicle accidents and assaults. Children 0-4 years of age, young adults 15-24 years of age, and the elderly (65+ years) are at greatest risk for sustaining a TBI. Males are nearly 1.5 times more likely to sustain a TBI than females.

## Consequences of TBI

TBI can cause a wide range of changes in a person’s short-term and long-term function. Changes may occur in a person’s physical, cognitive, psychological and/or social functioning. TBI can affect one’s ability to walk, speak, pay attention, remember, manage stress, control one’s temper and organize thoughts. Often symptoms of TBI are misunderstood as behavioral or psychological problems. The long-term consequences of TBI can have life-long impact on those who survive, their families and communities.

### Physical Consequences

- Paralysis
- Issues with muscle coordination
- Inability to perform purposeful movements
- Double vision or blindness
- Loss of taste or smell
- Slowness or difficulty with speech
- Headaches
- Seizures

### Cognitive Issues

- Attention/concentration
- Memory
- Recognition of limitations
- Organizational or planning skills
- Judgment

### Psychosocial Issues

- Loss of social networks and supports
- Loss of job or income
- Changes in living arrangements
- Anxiety
- Isolation
- Depression

# Surviving to Thriving!

210,000  
Living with TBI



## Services and Support Needs

Individuals living with TBI and their families have identified key services and supports necessary to help them reach their fullest potential:

- Cognitive rehabilitation
- Case management
- Caregiver and community support
- Housing and residential treatment facilities
- Employment services
- Day treatment and day activities
- Adaptive/cognitive technology
- Transportation
- Alcohol and other drug treatment
- Education and transition planning
- Mental health

# Supporting Florida's Individuals with TBI and Their Families

## Brain Injury Association of Florida

Brain Injury Association of Florida (BIAF) is Florida's only statewide non-profit organization dedicated to informing, educating, supporting and advocating for all Floridians who have survived a brain injury and their families. Founded in 1985 by the mother of a young man who sustained a traumatic brain injury (TBI) from a motor vehicle crash, BIAF's mission is to "improve the quality of life for all persons with brain injury and their families by creating a better future through brain injury awareness, prevention, research, education, support services and advocacy." BIAF is an official state affiliate of Brain Injury Association of America and part of a nationwide network of brain injury associations located throughout the United States. All resources are provided free of charge to persons with brain injury and their families. Family Support Coordinators work in offices

throughout the state, providing individualized information, education, support and advocacy for survivors and their families to help them remain in their homes and communities.

### Services:

- Information and resource center
- Toll-free help line
- Education and training programs
- Family support coordination
- Public education and prevention
- Advocacy (individual and statewide)

### Administrative Office:

1637 Metropolitan Boulevard, Suite B  
Tallahassee, Florida 32308

Phone: (850) 410-0103

Fax: (850) 410-0105

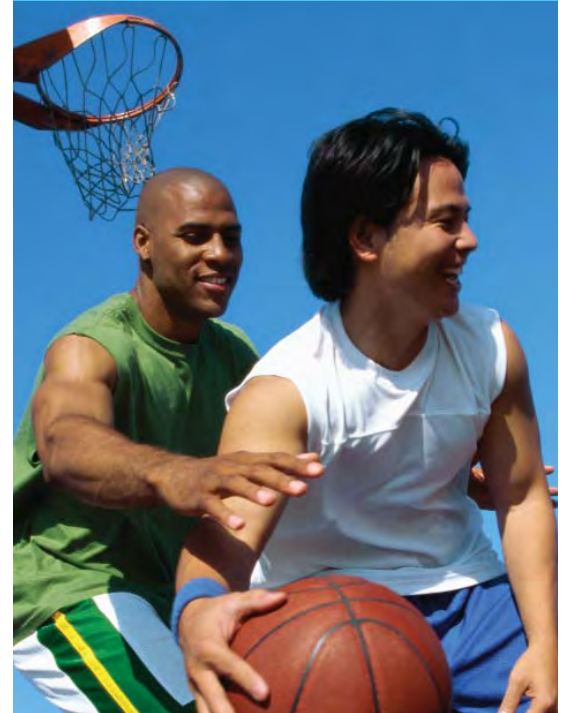
[www.biaf.org](http://www.biaf.org)

[www.ByYourSide.org](http://www.ByYourSide.org)

**Toll-Free Helpline: 1-800-992-3442**

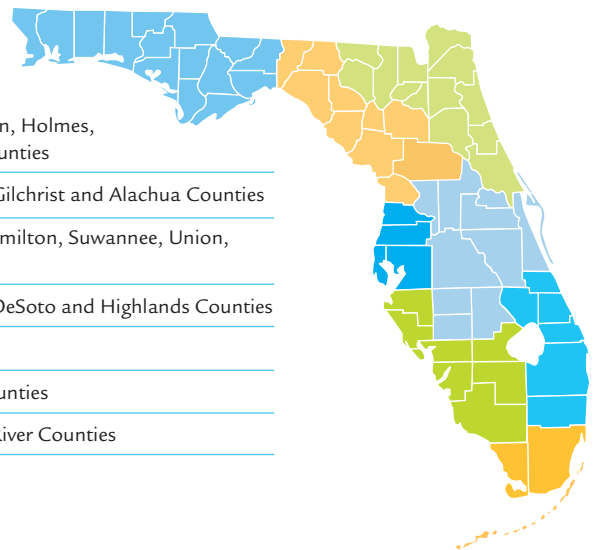
# Surviving to Thriving!

## 210,000 Living with TBI



## BIAF Family Support Regions

<b>Pensacola</b>	Gadsden, Wakulla, Leon, Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay, Jackson, Calhoun, Gulf, Liberty and Franklin Counties
<b>Gainesville</b>	Jefferson, Madison, Taylor, Marion, Levy, Lafayette, Dixie, Citrus, Gilchrist and Alachua Counties
<b>Jacksonville</b>	Nassau, Baker, Clay, Duval, St. Johns, Putnam, Flagler, Volusia, Hamilton, Suwannee, Union, Bradford and Columbia Counties
<b>Orlando</b>	Lake, Sumter, Seminole, Polk, Orange, Osceola, Brevard, Hardee, DeSoto and Highlands Counties
<b>Tampa</b>	Hillsborough, Hernando, Pinellas and Pasco Counties
<b>Sarasota</b>	Charlotte, Collier, Glades, Hendry, Lee, Manatee and Sarasota Counties
<b>Broward</b>	Broward, Palm Beach, Martin, St. Lucie, Okeechobee and Indian River Counties
<b>Miami</b>	Monroe and Dade Counties



Sponsored by Brain Injury Association of Florida and the State of Florida Department of Health